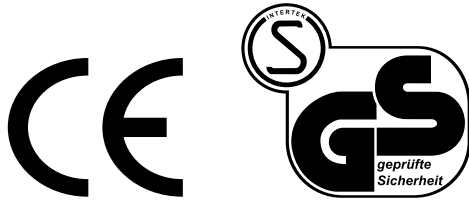


PROTEUS[®]
FITNESS INNOVATION



→→→ ***Shaping Healthy Bodies***

DOLPHIN V4 HOME MAGNETIC CYCLE OWNER'S MANUAL



Testing specification :
EN 957-1 + A1 , EN 957-5

Features of product with GS-ITS mark :

- Mechanical and electrical safety.
- Symbol of high quality.
- Reliability assurance.

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A. INTRODUCTION

This owner's manual contains assembly, operation, maintenance and safety information. In the interest of safety, please make sure that you read and understand all the information below.

B. IMPORTANT SAFETY NOTICE

- a. Read carefully and follow owner's manual and all accompany information before using this machine.
- b. This machine is intended for indoor home use only. It is not designed for commercial use.
- c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- d. Make sure machine is stabilized on the floor. Avoid uneven surfaces.
- e. Most exercise equipment is not recommended for small children. Children should not use the machine. Please keep children away from using this machine.
- f. Exercise equipment has moving parts. Keep individuals, especially children, at a safe distance while exercising.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercise.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could caught in the moving parts.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and helps prevent muscle strain.

- k. Never hold your breath while exercising. You should breathe at an affordable rate.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods.
beginners should work out twice a week and increase gradually to 4 or 5 times per week.
- m. Do not over training. Incorrect or excessive training may result injury.

IMPORTANT : THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 110 KG (240 LB).
ALL TESTS FOLLOW EN957-1+A1 / -5, CLASS HC.
CLASS H: (HOME) DOMESTIC USE.
CLASS C: MINIMUM ACCURACY.

NOTE : THE EQUIPMENT IS SPEED-DEPENDENT ON BRAKING SYSTEM.

Information on braking system :

Speed-dependent :

With increasing speed more power is required to drive the bike and vice versa.

WARNING : Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable **Federal and State laws of regulations**. They are being supplied strictly to ensure the safety of the individuals using this product.

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

THE APPLIANCES ARE NOT FOR CHILDREN UNDER 14 YEARS OF AGES.

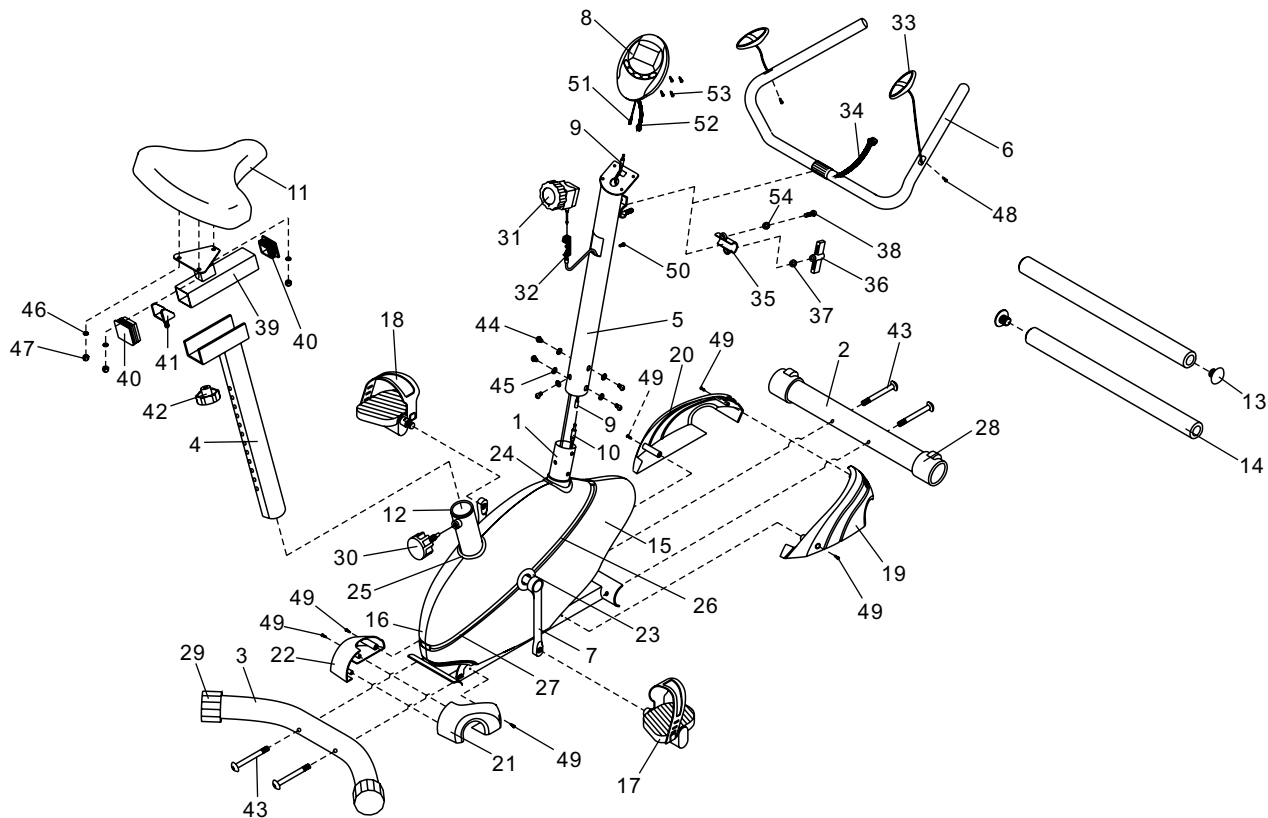
**Safe distance: Front and back 100 cm
Left and right sides 100 cm**

C. Parts list

No.	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Seat post	1
5	Handlebar post	1
6	Handlebar	1
7	Crank assembly (L / R)	1
8	Monitor	1
9	Extension monitor cable	1
10	Lower monitor cable	1
11	Saddle	1
12	D-type sleeve	1
13	Handlebar end cap	2
14	Foam grip	2
15	Chain cover (R)	1
16	Chain cover (L)	1
17	Pedal (R)	1
18	Pedal (L)	1
19	Front decorative cover(R)	1

No.	Description	Q'ty
20	Front decorative cover (L)	1
21	Rear decorative cover (R)	1
22	Rear decorative cover (L)	1
23	Crank hole cover	2
24	Front Interval ring	1
25	Rear Interval ring	1
26	Front decoration strip	2
27	Rear decoration strip	2
28	Wheel	2
29	Foot cap	2
30	Knob w/ clamp	1
31	Tension control	1
32	Tension control cable	1
33	Pulse sensor	2
34	Pulse sensor cable	1
35	U brace for handlebar	1
36	T-knob	1
37	M8 small washer	1
38	M7 socket screw x 20 mm	1

No.	Description	Q'ty
39	Sliding tube	1
40	38 x 38 plug	2
41	U bracket with bolt	1
42	Knob	1
43	3/8" sock bolt x 65mm	4
44	M8 sock bolt x 15mm	5
45	M8 washer	5
46	M8 spring washer	3
47	M8 nylon nut	3
48	M4 screw	2
49	M4 screw	6
50	M5 screw x 25 mm	1
51	Control cable on monitor	1
52	Pulse cable on monitor	1
53	Screw	4



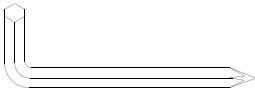
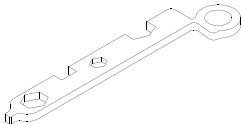
D. Accessories

	Description	Q'ty	Part no.
1	Front decorative cover (R)	1	19
2	Front decorative cover (L)	1	20
3	Rear decorative cover (R)	1	21
4	Rear decorative cover (L)	1	22

E. Hardware

	Description	Q'ty	Part no.
1	3/8" sock bolt x 65mm	4	43
2	M8 sock bolt x 15mm	5	44
3	M8 washer	5	45
4	M4 screw	6	49

F. Tools

A. Allen key with screwdriver	B. Spanner
	

F. ASSEMBLY :

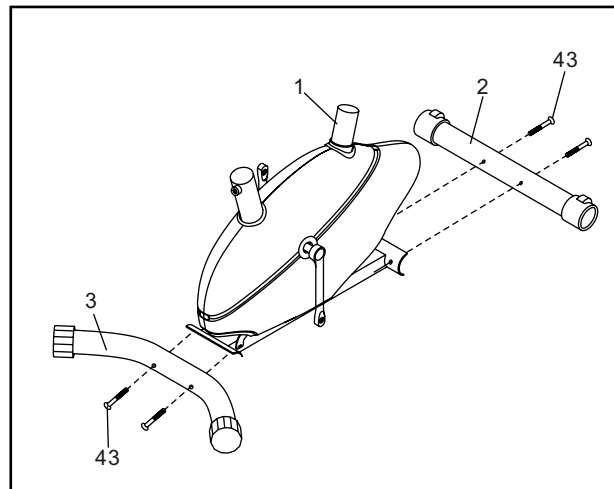
IMPORTANT : Read all instructions carefully. Assemble all units in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please call the customer service department of the store for help.

NOTE: SOME PARTS MAY BE FACTORY PRE-ASSEMBLED.

Replaced defective components immediately and keep the Equipment out of use until repair.

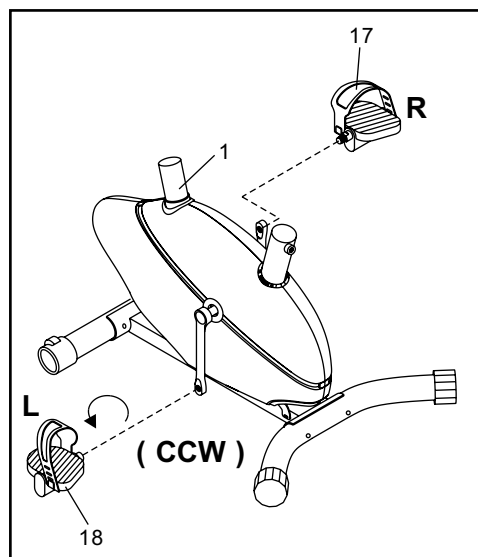
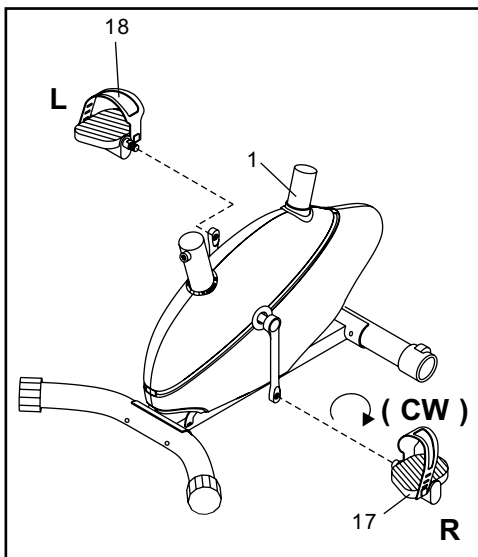
a. Stabilizer

Attach front stabilizer (02) and rear stabilizer (03) to main frame(01), fasten with socket bolts (43). (use tool A)



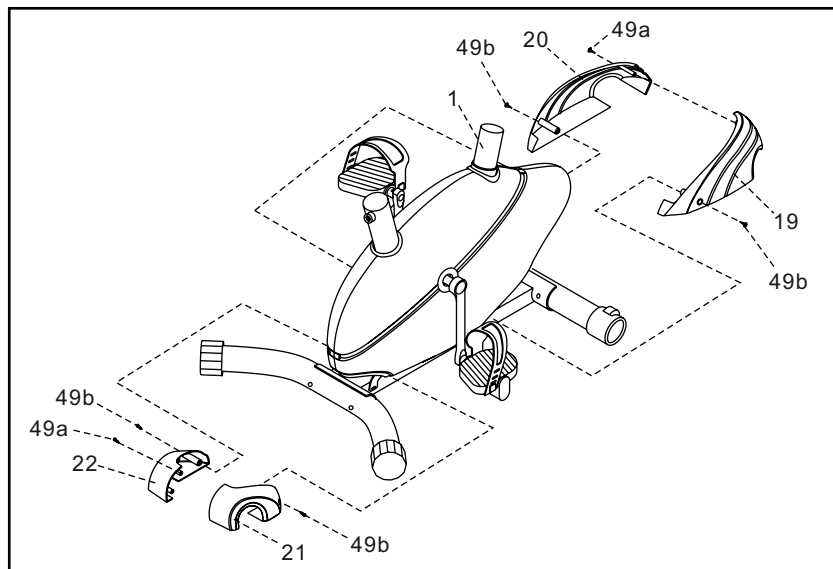
b. Pedals

1. Attach pedal (17 / 18) to pedal cranks,(pedals marked "R" and "L" indicates right and left side of bike. Make sure not to mix up).
2. Left pedal has left-hand thread and must be turned counterclockwise (ccw) to attach
right pedal has right-hand thread, must be turned clockwise (cw) to attach. (use tool B)



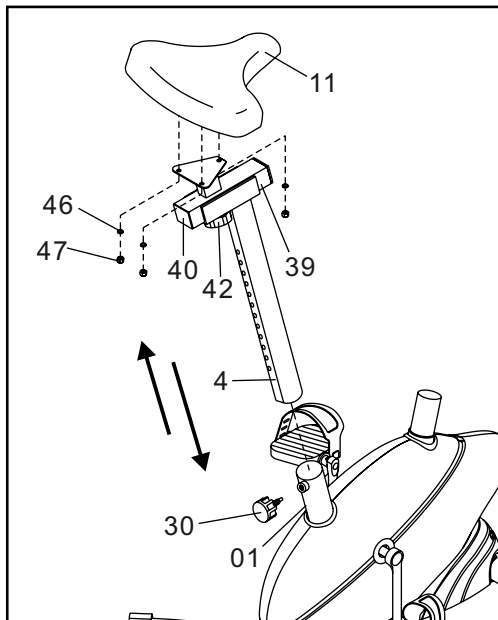
c. Front / Rear decorative covers

1. Place front decorative covers (19,20) onto the right place as illustrated.
First fasten with screw (49-a) then fasten screw (49-b). (use tool A)
2. Place rear decorative covers (21,22) onto the right place as illustrated.
First fasten with screw (49-a) then fasten screw (49-b). (use tool A)



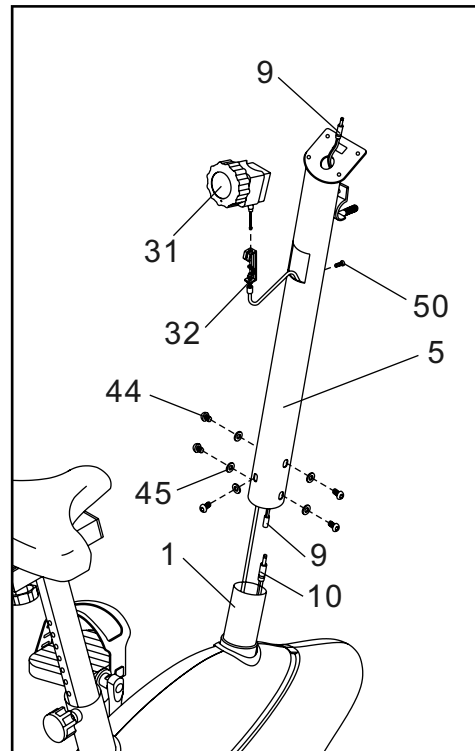
d. Seat post

1. Attach saddle (11) to saddle plate of seat post (04). Fasten with spring washers (46) and nylon nuts (47). (use tool B)
2. Then attach seat post (04) to main frame (01). Adjust saddle to desired height, then fasten by knob (30).



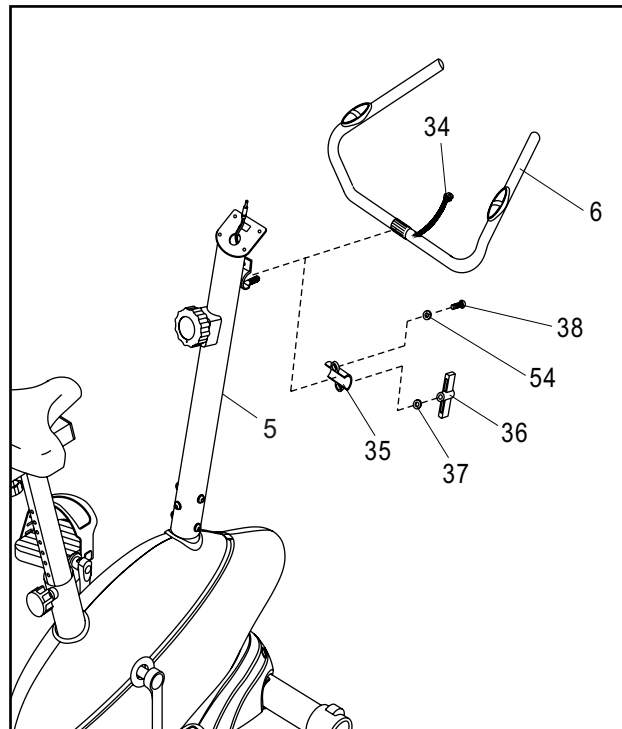
e. Tension control cable and handlebar post

1. Insert tension control cable (32) into bottom of handlebar post (05).
2. Pull the tension cable (32) out of middle hole of handlebar post(05).
3. Connect extension monitor cable (09) and lower monitor cable (10).
4. Then attach handlebar post (05) to mainframe (01), fasten with washers (45) and bolts (44). (use tool A)
5. Insert the tension control (31) onto handlebar post (05), fasten with screw (50) from opposite direction. (use tool A)
6. Adjust the tension (1 to 8 level) using tension control knob(31).



f. Handlebar

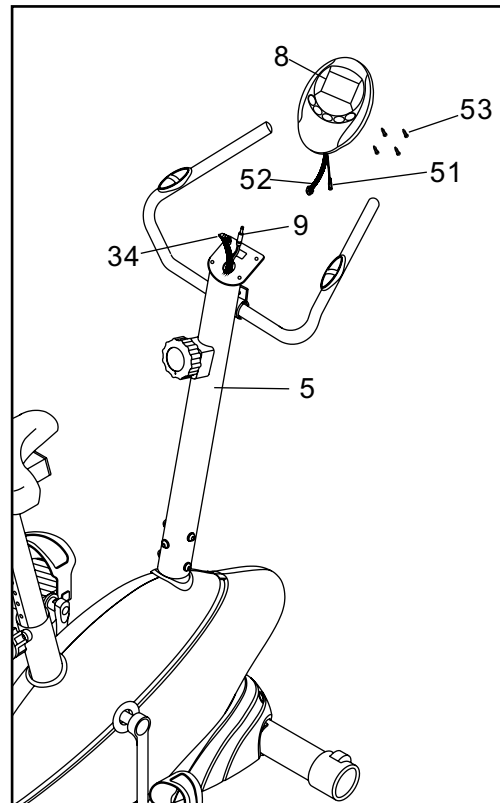
1. Assemble handlebar (06) onto handlebar post (05) with U brace (35) as a cover, finger fastening with washer (54) and socket screw (38), then fasten washer (37) and T-knob (36) as adjuster.
2. Insert pulse cable (34) into side hole on handlebar post (05) and through the hole on monitor plate, then put plastic cap into side hole.
3. The angle of handlebar (06) can be adjusted by loosening the T-knob (36). After adjustment, fasten the knob firmly.



g. Monitor

1. Connect extension monitor cable (09) and control cable (51).
2. Connect pulse cables (34, 52) together.
3. Attach monitor (08) onto monitor plate on handlebar post (05) with screws (53). (use tool A)

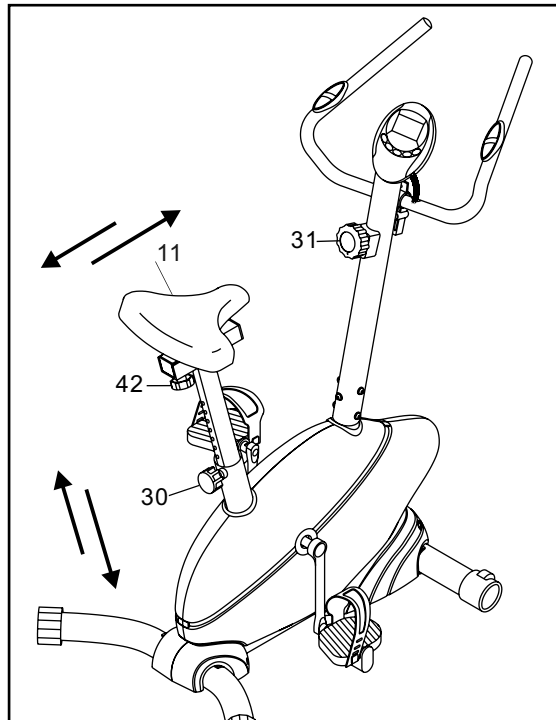
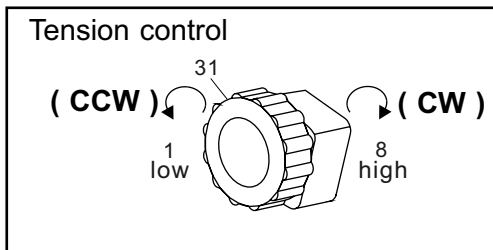
NOTE : The monitor is powered with battery.
Battery spec. : 1.5V UM-3 (or AA) x 2 purchase



h. Final adjustment

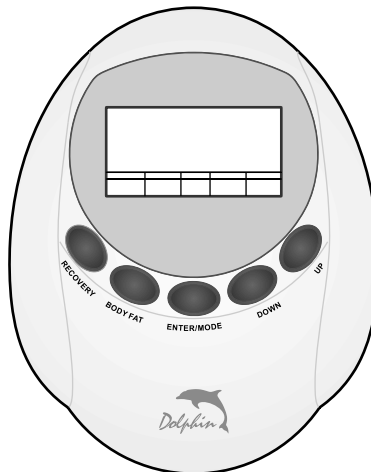
1. The height and seat position can be adjusted, To adjust the height, loose the knob (30) and pull it out to adjust seat post (04) to a desired height, then fasten the knob. To adjust seat position, loose the knob (42) and adjust saddle (11) to a desired position, then fasten the knob.
2. To Adjust tension, turn tension control clockwise to increase tension from 1 (low) to 8 (high), and vice versa.

NOTE : "height indicator" has max. and min. indication lines on seat post, please use slots between these two lines.



MONITOR

- * Function Buttons
- * About Displays
- * Operation Instructions



NOTE : BATTERY INSTALLATION

1. Please install 2 AA or UM-3 batteries in the battery case .
2. Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.
3. If the display appears blank or display only partial segment, remove the batteries and wait 15 seconds, then install again.
4. Whenever remove batteries, all the functions values will be reset to zero.
5. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

FUNCTION BUTTONS:**A. ENTER / MODE :****ENTER FUNCTION :**

Press this button to enter setting mode and confirm the setting values.

- a. Select functions. (before exercise mode)
Time-Distance-Calorie-Pulse
- b. Select personal data. (In the body fat measurement mode).
Gender-Height-Weight-Age

MODE FUNCTION :

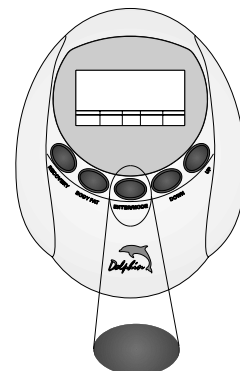
During exercise status, press to switch displays between "SPEED,DISTANCE" TO "RPM,ODO".

RESET FUNCTION :

Reset all of the values to zero by press and hold for 2 seconds.

KM / MILE SHIFTING FUNCTION :

Press the ENTER, UP and DOWN buttons at the same time and holding for 5 seconds, all values will be reset to zero except clock and ODO.



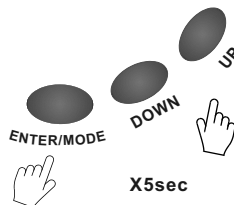
ENTER/MODE



ENTER/MODE



X2sec



X5sec

B. UP :

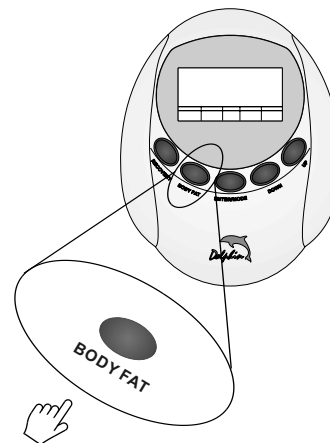
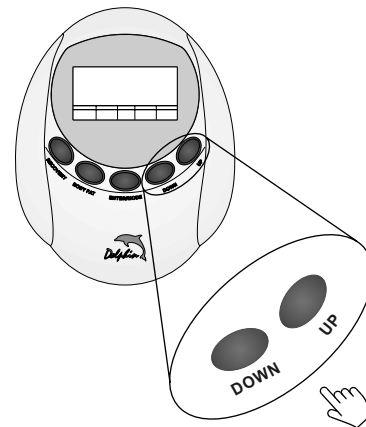
- a. Select function and display on the main screen.
Pulse-Calorie-Distance-Speed-Time
(Or Pulse-Calorie-ODO-RPM-Time)
- b. Increase the setting value of the following functions.
Time, Distance, Calorie, Pulse
and Gender, Height, Weight, Age
- c. Increase the setting value of year, month, date,
hour and minute.

C. DOWN :

- a. Select function and display on the main screen.
Time-Speed-Distance-Calorie-Pulse
(Or Time-RPM-ODO-Calorie-Pulse)
- b. Decrease the setting value of the following functions.
Time, Distance, Calorie, Pulse
and Gender, Height, Weight, Age
- c. Decrease the setting value of year, month, date,
hour and minute.

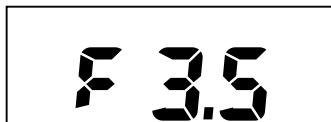
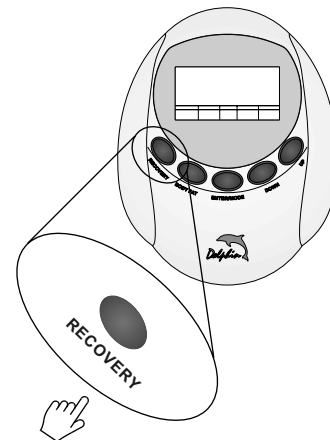
D. BODY FAT :

Press this button to select body fat measurement function.
After input your personal data, press this button again to start
measure, then the result will show on the screen.



E. RECOVERY (PULSE RECOVERY FUNCTION) :

- a. You can press RECOVERY button to the pulse recovery function during start exercise or stop exercise mode, but except in the body fat measure mode.
- b. It is a function to check the pulse recovery condition after exercise. Which is scaled from F1.0 to F6.0. While **F1.0 means the best** and **F6.0 means the worst**. This function may reflect your heart pulse recovery ability and help to improve it through exercise. In order to get rate correctly, user must exam right after the workout. After the button is pressed, please hold the heart rate detector appropriately, the test will last for 1 minute and the result will show on the screen. During the test, you can press the ENTER/MODE button for 2 seconds to going out of the pulse recovery mode and reset the monitor. After the tested, you can press any button to jump out of the recovery mode.



Shows the result of the detector measured.

000			102	86
-----	--	--	-----	----

Shows heart rate 102, the moment you stop exercise.

000			102	86
-----	--	--	-----	----

Shows heart rate 86, 1 minute later.

ABOUT DISPLAYS :

A. LCD display :

The upper display:

Shows the data.

The main display:

Press the button UP or DOWN until the "scan" flash on the screen. Monitor will display the following function and each function will stay for 5 seconds on the main screen.

TIME - SPEED - DISTANCE - CALORIE - PULSE

Or **during exercise status** press the ENTER/MODE button to change display:

TIME - RPM - ODO - CALORIE - PULSE

The lower display:

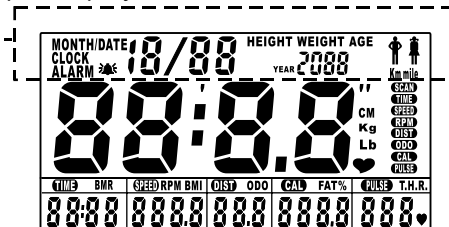
a. Normal display function are:

TIME - SPEED - DISTANCE - CALORIE - PULSE

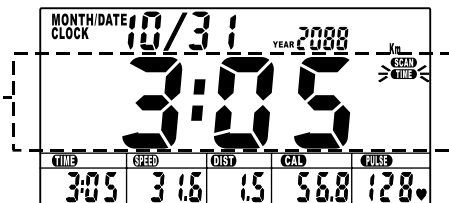
b. **during exercise status** press the ENTER/MODE button to change display:

TIME - RPM - ODO - CALORIE - PULSE

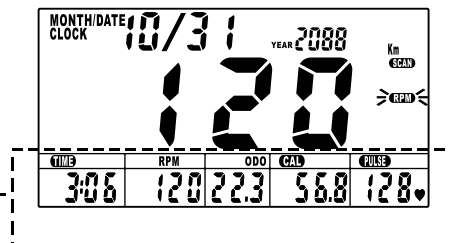
Upper display



Main display



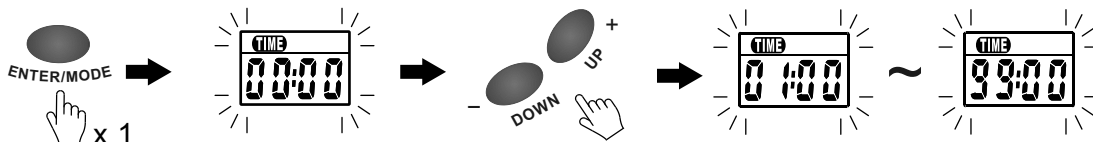
Lower display



B. TIME :

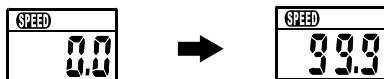
Shows the time. Press the ENTER button to the setting mode, then press UP or DOWN button to set the desired time to exercise. The range of setting value is from 0:00 to 99:00.

After finish setting the value, it starts countdown. While counting down to 0:00, the monitor will beep 12 times and count up from 0:00. Without setting the value, the time will count up and the maximum value is 99:59.

**C. SPEED :**

The monitor of speed window will display the current speed from 0.0 ~ 99.9 Km/hr or Mile/hr.

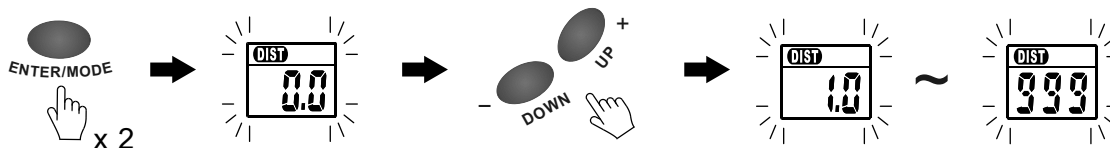
NOTE : Speed can not be set.



D. DISTANCE :

Shows the distance with counting up or down. Press the ENTER button to enter setting mode, press UP or DOWN button to set the desired distance. The range of setting value is from 1.0 to 999 KM or Mile.

After finish setting the value, it starts countdown. While counting down to 0.0, the monitor will beep 12 times and count up from 0.0. If without setting value, the distance will count up and the maximum value is 999 KM or Mile.

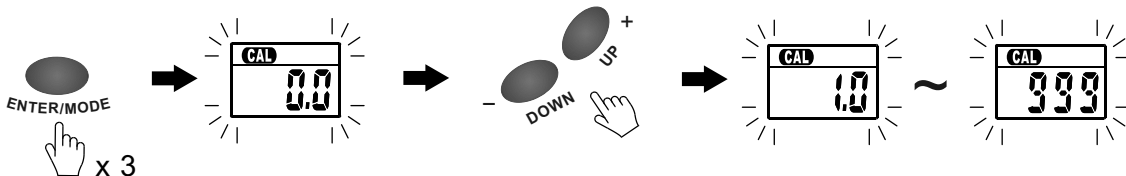


E. CALORIE :

Shows the calories. Press the ENTER button to the setting mode, then press UP or DOWN button to set the desired calorie to be burned. The range of value is from 1.0 Kcal to 999 Kcal.

After finish setting the value, starts countdown. While counting down to 0.0, the monitor will beep 12 times and count up from 0.0. Without setting value, the calorie will count up and maximum value is 999.9 Kcal.

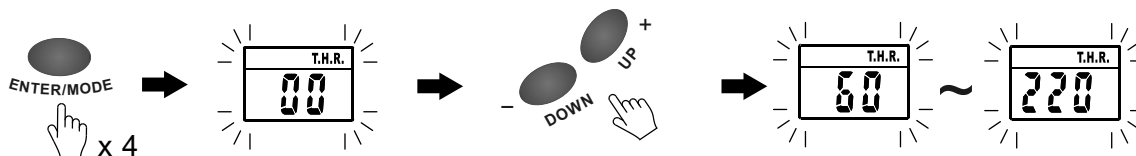
NOTE : This data is a rough guide, which can not be used for medical reference.



F. PULSE :

- Show the current heart rate in bpm (beats per minute). The range of pulse value is from 60 to 240 bpm.
- Press the ENTER button to the setting mode, then press UP or DOWN button to set the target heart rate to be reached. The range of setting value is from 60 to 220 bpm. By setting the value mode, the pulse window shows T.H.R.. Once your current heart rate is higher than your set value, the monitor will glitter to inform you.

NOTE: If no pulse signal input within 8 seconds, the pulse window display will indicate "P".

**G. RPM :**

The monitor of RPM window will display the current RPM from 15 ~ 1200 RPM.

NOTE : RPM can not be set.

**H. ODO :**

The monitor of ODO (odometer) window will display the accumulate distance from 1 ~ 999 Km or Mile.

NOTE : ODO can not be set.

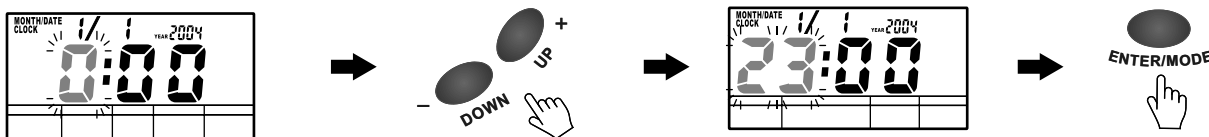


Operation Instructions

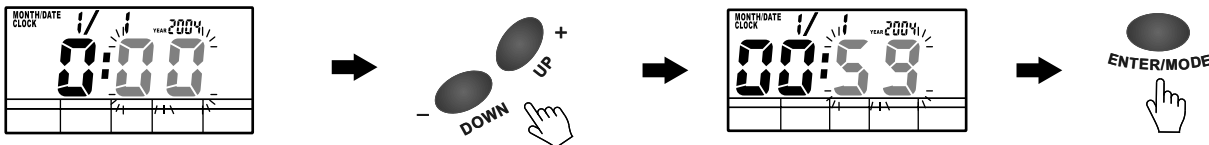
A. Clock and calendar setting

When the batteries are installed, the screen will fully display for one second, and ready for clock and calendar setting function.

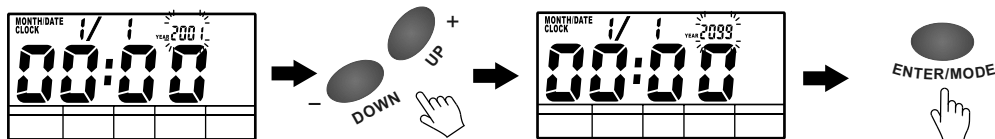
a. Using UP , DOWN and ENTER button to confirm your setting hour.



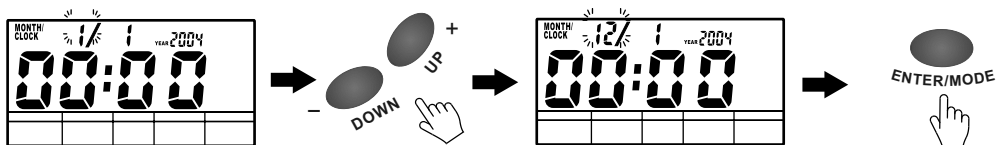
b. Using UP , DOWN and ENTER button to confirm your setting minute.



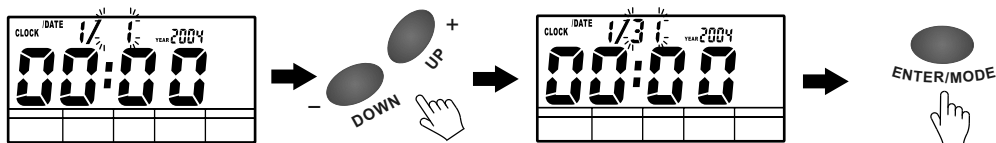
c. Using UP , DOWN and ENTER button to confirm your setting year.



d. Using UP , DOWN and ENTER button to confirm your setting month.



e. Using UP , DOWN and ENTER button to confirm your setting day. Then the display will go to the exercise mode.



NOTE:**1. Alarm setting :**

You may set the alarm while not pedaling. Press the DOWN and ENTER at the same time for 3 seconds during stop mode.

1-1. Alarm setting procedure is as same as clock setting above.

1-2. After the alarm is set, the "ALARM" shows on the upper left of LCD. To deactivate alarm, enter alarm setting mode then press BODY FAT button to deactivate or reactivate the alarm.

1-3. Press any button to stop alarm ringing.

2. Change clock and calendar setting :

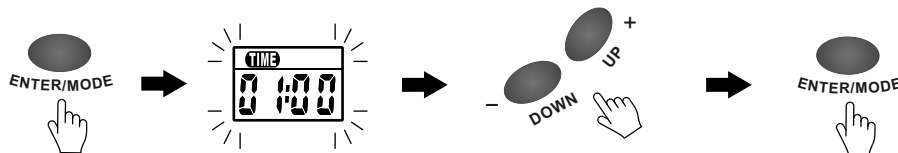
Press the UP and ENTER at the same time for 3 seconds during stop status.

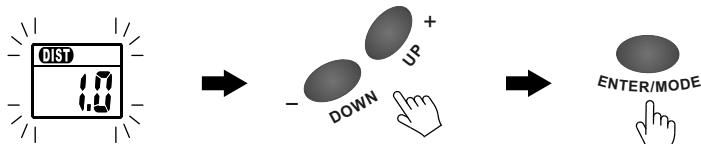
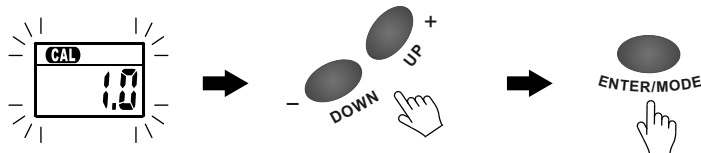
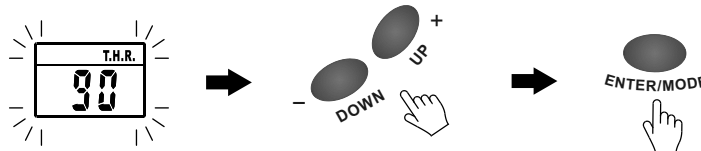
IMPORTANT NOTE: When take off or run out of battery, the data of clock and calendar Will be cleared.

B. START OPERATION INSTRUCTION

- Anytime you can just pedaling to start workout or press any key to wake up the monitor and all values will begin to count.
- If you want to set target value for exercise, press the ENTER button to set the value. The value can be set are TIME, DISTANCE, CALORIE and PULSE.

Time :



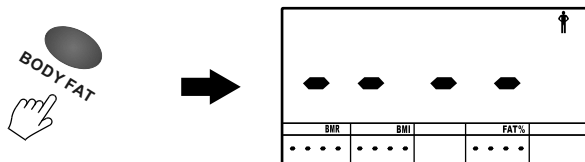
Distance:**Calories:****Pulse :**

- c. After setting the target value for exercise, just pedaling to start workout. And the value of setting will begin to counting down. Once the value of setting is counting down to zero, the monitor will beep 12 times and start counting up the value.

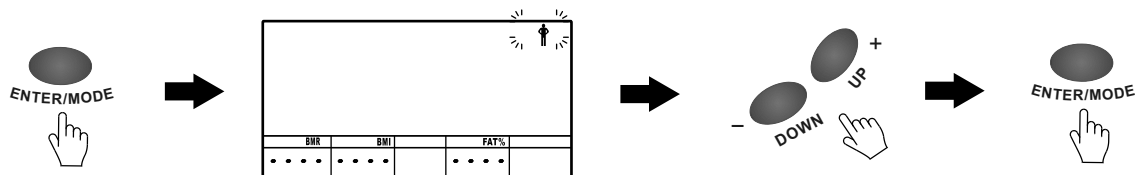
C. BODY FAT FUNCTION INSTRUCTION

- When you are not pedaling, BODY FAT MEASUREMENT function available.
- Input personal data by press ENTER, UP and DOWN button.
- The default value of personal data is as described as followed. The personal data will not be kept in monitor when monitor power off, run out of batteries or change unit of measurement.

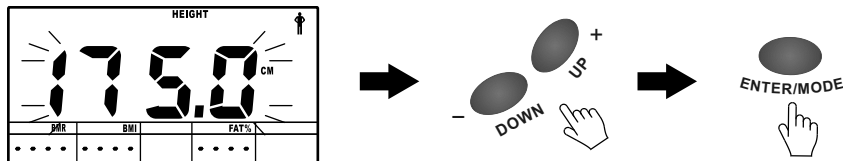
a. Press the Body Fat button to start.



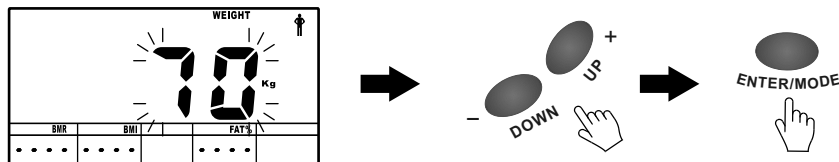
b. Press the ENTER button to set gender. The preset gender is male and glitters. Use UP and DOWN button to change the setting. Then press ENTER to confirm the setting.



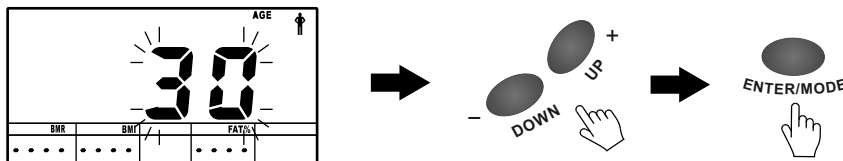
- c. The preset value of height is 175.0 Cm (5'9") and glitters. Use UP and DOWN button to change the setting. Then press ENTER to confirm the setting.



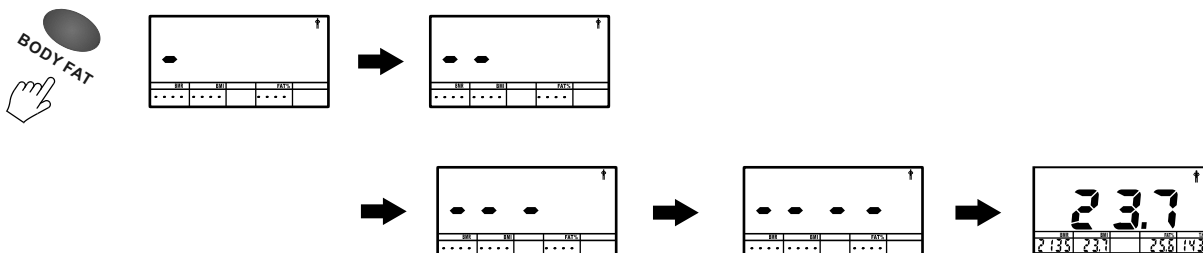
- d. The preset value of weight is 70.0 Kg (155.0 Lb) and glitters. Use UP and DOWN button to change the setting. Then press ENTER to confirm the setting.



- e. The preset value of age is 30 and glitters. Use UP and DOWN button to change the setting. Then press ENTER to confirm the setting.



- f. Then press BODY FAT button to measure and place both of your hands on the contact pads. After the measure, the monitor will show your BMR, BMI, FAT% and T.H.R. on the screen.



REFERENCE

BMR : The Basal Metabolic Rate, is the amount of energy required to maintain the basal metabolism for a specified unit of time. Continuously throughout life, every body expends energy for the activities that keep it alive. These activities include breathing, producing heartbeats, maintaining body temperature and muscle tone, and the functioning of the glands, cells, and nervous system. Collectively, these life-sustaining processes are referred to as Basal Metabolism.

In most situations, BMR is estimated by taking into account various physical factors known to affect it, like Body size, Age, Sex, Health status, Thyroid hormone level, Reproductive status, Individual variation, Physical activity, Type of activity, Duration of activity, Body weight, Biological processing of food & Environmental factors.

It can be a great help to maintain your health if you have knowledge of BMR and your value of BMR.

BMI: Body Mass Index.

BMI Classification	Western People	Asia People
Underweight	<19	<18.5
Healthy Weight	19-24.9	18.5-22.9
Overweight	25-29.9	23.0-24.9
Heavily Overweight	30-34.9	25.0-29.9
Obese	>35	>30

FAT %: Body fat ratio. Which means percentage of fat in your weight. Normal FAT% for men is 12~25%, and 20~30% for women. Generally, a man's FAT% over 25% or a woman's over 30% is call fat. The value will show on screen from 5 ~ 50%.

T.H.R.: Target heart rate. The monitor will calculate the data of your FAT% to show the suggest target heart rate for you.

WARM - UP GUIDELINES

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.

HAM STRING STRETCH

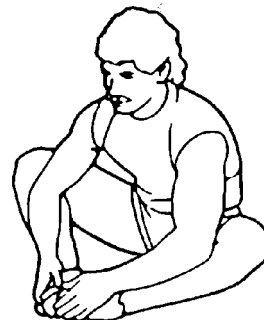
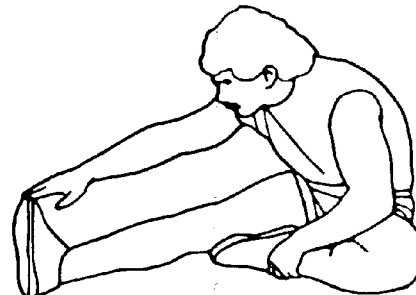
Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches : Hamstrings, lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches : Quadriceps, Hip Muscles



TOE TOUCHES

Standing with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches : Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

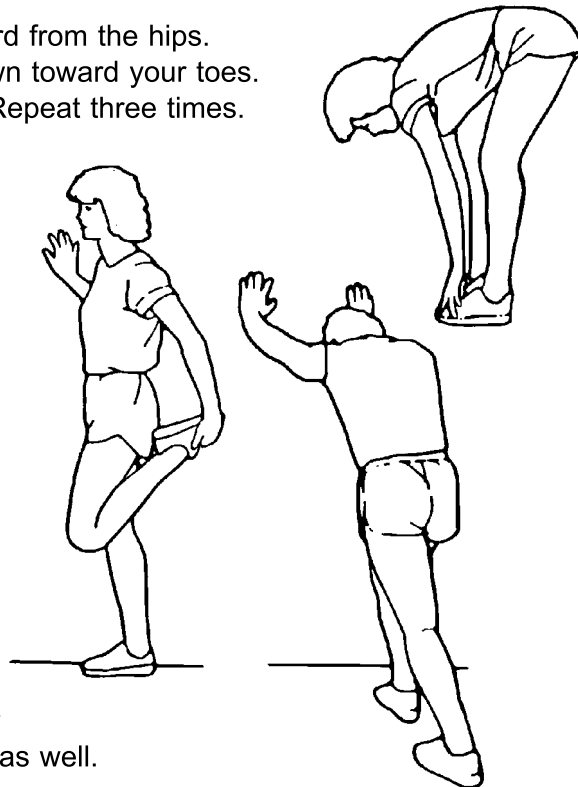
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.

Stretches : Quadriceps, Hip Muscles.

CALF / ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the. Achilles tendons, slightly bend back leg as well.

Stretches : Calves, Achilles Tendons, and Ankles.



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We reserve rights to revise specification, equipment, and maintenance informations for our R&D team keeps updating our product quality.

Before printing this manual, we have done the best efforts to make this manual more comprehensible for all users.



DOLPHIN V4-041108GB-GS

Dolphin

PROTEUS V4



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